

Navywide news

Al Qaeda, Taliban fighters in custody for questioning

WASHINGTON (NNS) — Five detainees are aboard USS Peleliu (LHA 5), and another 15 al Qaeda and Taliban fighters are in U.S. custody, Deputy Defense Secretary Paul Wolfowitz told reporters.

An Australian and John Walker, the American found among captives after a prison uprising near Mazar-e Sharif in early December, are aboard USS Peleliu. The remaining three on board the warship are as yet unidentified, Wolfowitz said, but U.S. officials believe "they may be fairly important people."

Opposition forces hold hundreds to thousands of detainees throughout the country, Wolfowitz said.

Christening ceremony held for newest Arleigh Burke

PASCAGOULA, Miss. (NNS) — The Navy christened the Arleigh Burke-class guided-missile destroyer Mustin (DDG 89) in a ceremony Dec. 15 at Northrop Grumman Ship Systems Ingalls Operations, Pascagoula, Miss.



Cmdr. Phillips

Cmdr. Ann Phillips of Annapolis, Md., is the prospective commanding officer of Mustin with a crew of approximately 300 officers, chiefs and enlisted personnel. Phillips is current attending Prospective Commanding Officer Course at the Surface Warfare Officers School Command in Newport, R.I. The class graduates in February.

Upon commissioning in 2003, the Mustin will be homeported in San Diego, Calif., as a member of the U.S. Pacific Fleet.

Chief of Naval Operations Adm. Vern Clark delivered the ceremony's address. Mustin's sponsors included Lucy Holcomb Mustin, wife of the ship's namesake; Jean Phillips Mustin, wife of ship's namesake Thomas Mustin and Douglas Mustin St. Denis, sister of Henry and Thomas.

In the time-honored Navy tradition, the sponsors broke bottles of champagne across the bow to formally name the ship Mustin.

Mustin is the 39th of 58 Arleigh Burke-class destroyers currently authorized by Congress, and the 18th Aegis destroyer to be built by Northrop Grumman Ship Systems Ingalls Operations in Pascagoula, Miss. Arleigh Burke-class destroyers are the most capable surface warships ever built.

Navy Blue Angels announce their 2002 show schedule

PENSACOLA, Fla. (NNS) — The Navy Flight Demonstration Squadron, the Blue Angels, has announced its show schedule for the 2002 show season.

Following pre-season training from Jan. 2 to March 8, 2002, the team is scheduled to begin its season on March 9, 2002, at Naval Air Facility (NAF), El Centro, Calif., and conclude on Nov. 9, 2002, at Naval Air Station (NAS) Pensacola, Fla.

The Blue Angels are scheduled to perform in 70 shows at 36 locations in the United States and Canada during the 2002 season.

A Blue Angels air demonstration is a mix of formation flying and solo routines using F/A-18 Hornets. The pilots perform approximately 30 maneuvers during the aerial demonstration, which runs approximately one hour and 15 minutes.

Spiny lobster's sense of smell studied for unmanned vehicles

ARLINGTON, Va. (NNS) No question about it, spiny lobsters aren't pretty. Keith Ward, chair of the Office of Naval Research's Biomolecular and Biosystems Science and Technology Group, doesn't particularly like their looks either, but he knows their sense of smell is astounding.

Researchers funded by Ward's office figure that a lobster's extraordinary ability to sniff out all kinds of odor trails in the water is just what the Navy would like an unmanned vehicle to be able to do.

Mimi Koehl at University of California at Berkeley and her colleagues are studying the small hairs on the lobsters' olfactory antennules.

They've discovered that these hairs can capture odors at very low resolution, but they've yet to figure out exactly how that information gets to the lobsters' brains.



By PHAN Amy DelaTorres/U.S. Navy photo

AN AVIATION batswain's mate is alert and ready at the wheel of the crash and salvage truck in case of emergency on the flight deck of the aircraft carrier USS Theodore Roosevelt. The ship and her embarked Carrier Air Wing One are supporting Operation Enduring Freedom.

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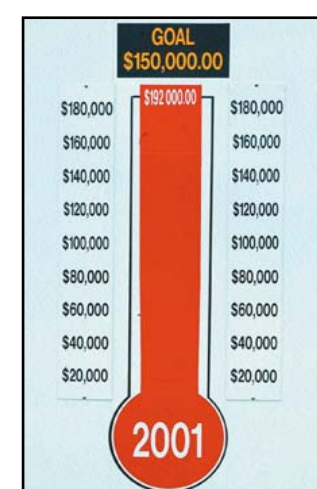
The Newport Navallog

VOL. 101 NO. 1 JANUARY 4, 2002

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

MOVE OUT — U.S. Marines of the 26th Marine Expeditionary Unit (Special Operations Capable), having spent Christmas and New Year's Day in Afghanistan, move out to the front lines from their forward operating base in Kandahar to defend and maintain security throughout the perimeter. The Marines are supporting Operation Enduring Freedom.

PHC Johnny Biviera/U.S. Navy photo

**CFC in 2001 finishes strong**

The 2001 Combined Federal Campaign winds up, peaks at nearly \$200,000 in donations.

— Page 2

Gym 109 new and improved

After extensive renovations and upgrading, Gym 109 opens with a whole new fitness machine complex.

— Pages 8-9

**French cadets visit Newport**

Cadets from the French ship Jeanne d'Arc visit the Naval War College Museum, try out shiphandling trainers.

— Page 10

When snow falls, tune in radio, TV

By RICHARD ALEXANDER
Navallog editor

As New England moves into winter, emergency guidelines for traffic, snow removal and parking go into effect at Naval Station Newport (NAVSTA).

The NAVSTA Command Duty Officer (CDO) will keep track of developing storm conditions. If a winter storm is expected to hit the Narragansett Bay area, the CDO will solicit input from the Naval Training Meteorology and Oceanography Detachment Newport, Public Works Department, Naval Sta-

tion Security and make a recommendation to the Commanding Officer, Capt. Ruth A. Cooper.

Lt. Cmdr. Michael Grant, NAVSTA Operations Officer, said COMNAVSTA must determine if the snow impedes traffic or creates a significant safety hazard. In Snow Condition, routine operations are suspended to ensure that emergency lanes are not blocked by stalled vehicles, to facilitate snow removal, and to expedite recovery operations.

The CDO will then notify the tenant commands by email messages and tele **SNOWFALL, Page 14**



CFC of 2001 winds up, McAllister Point cleanup pushes \$200,000 mark offshore finished on time

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

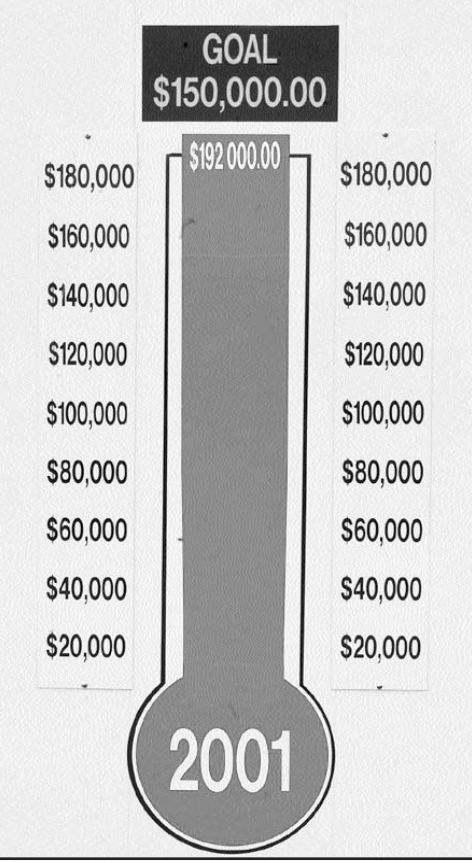
Military and civilian personnel at Navy Newport contributed more than \$199,500 to the 2001 Combined Federal Campaign (CFC). Themed, "What A Difference A Day Can Make," the annual fundraising effort kicked off last Oct 15.

CFC is the only fundraising activity authorized in the federal workplace with the exception of Navy-Marine Corps Relief Society. Monies collected are disbursed to more than 500 local and international charitable and non-profit organizations with such missions as to feed the needy, house the homeless, protect the environment and support research for cures of deadly and crippling diseases.

Although figures show a slight decline from last year's tally of \$201,135, Ens. Allison Morgan, CFC coordinator for Newport area military commands, said she is very pleased with the results. "I attribute this to people having already made separate contributions all fall in support of the terrorist attacks on Sept. 11."

At the top of the contribution list is the Naval War College, with donations of \$108,000, followed by ????????????????

Josef Natale, Director of the Combined Federal Campaign for



Ron Fontaine/U.S. Navy photo
OVERFLOW—The Combined Federal Campaign barometer inside Gate 4 shows \$192,000 pledged as of late last November. The campaign peaked at almost \$200,000.

the state of Rhode Island, thanked Navy Newport for its support.

"The campaign did very well, and we are extremely pleased," he said. "As always, the Navy went above and beyond what we could have expected."

Morgan said she found CFC fundraising very rewarding.

"I watched many people from many different commands pull **CFC Page 13**

McAllister Point cleanup offshore finished on time

MIDDLETOWN —The environmental cleanup and restoration of the seabed offshore at the McAllister Point Landfill was completed on time last month and at half the original cost estimates, Naval Station Newport's Environmental Protection Department reported.

The Foster-Wheeler Environmental Corp. based in Perryville, Pa., is the primary environmental contractor at NAVSTA. Much of the work was subcontracted to local businesses.

The final phase of the two part project, which began last February, involved replacing 34,000 cubic feet of sediment from a 4.2 acre shoreline area, with clean fill. The project cost \$8 million, about half the \$16 million cost estimate.

The first phase of the project, completed in 1996, involved "capping" the former landfill

along Burma Road with an impermeable plastic membrane to prevent leaching, building a rock retaining wall at the shoreline, and planting shrubbery and other vegetation over the six acre site.

The undersea dredged material was brought to Tank Farm Five on Defense Highway in Middletown, and held in a tightly sealed area. The sediment was then separated into 500 cubic yard piles and tested. Any hazardous material was transferred to approved landfills off-island authorized to accept toxic or hazardous materials.

Since the project temporarily affected sealife in the immediate area, the Navy embarked on a \$500,000 habitat restoration plan to restore the natural marine environment.

Eelgrass seed was collected in various locations around Narra-

gansett Bay and used to establish new beds at Coddington Cove and Prudence Island. Eelgrass removed from the dredged area was transplanted to Coddington Cove. Also, six artificial reefs were created off McAllister Point to provide habitats for marine life.

The former landfill, used by the Navy between 1955 and the mid-1970s, was a disposal site for trash from Navy housing, machine shops, electroplating operations, and ships homeported in Newport. Materials discarded included domestic trash, solvents, spent acids, waste oil and oils containing PCBs.

The site in 1989 was added to the federal Superfund cleanup list. Testing of the sediment and shellfish was conducted into the early 1990s, and it was determined that chemicals were present.

THE NEWPORT

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Snowfall

Continued from Page 2

phone.

If a dangerous storm hits on a regular working day, all but essential personnel will be required to leave the naval complex. Essential personnel are identified ahead of time by each tenant command through the submission of a memorandum to the security officer. Essential personnel are then issued a "essential personnel" card used to gain access to the Naval Station. Commands are encouraged to stagger the departure of personnel to reduce gridlock.

If a storm hits overnight during the workweek, notification of base closure the following morning will be provided as a public service by the following television stations: Newport Navy Cable channel 9, and television stations WLNE, Channel 6; WJAR, Channel 10; and WPRI, Channel 12.

Periodic notification of base closure will be provided as a public service by the following radio stations: WWLL, Providence, 105.1 FM; WPRO, Providence, 92 FM and 630 AM; WHJJ, Providence, 920 AM; WADK, Newport, 1540 AM; and WOTB, Newport, 100.3 FM.

Snow condition information is also available on the base information recording at Naval Station Headquarters 841-2211. Personnel should NOT call the NAVSTA CDO to check the status of snow condition.

Residents of the combined bachelor quarters (CBQs), the Newport Chalet, Navy family housing, and essential personnel will be allowed on to the base.

No on-street parking

The Navy Family Housing Office reminds residents that during Snow Condition there is no on-street parking.

ing permitted. Vehicles should be in driveways or designated parking areas. Vehicles abandoned or impeding snow removal will be towed to the nearest off-road location, as directed by Security Division.

Housing occupants are responsible for removal of snow from the walks, parking spaces, and adjacent common areas. Postal delivery can be withheld if sidewalks to housing units are not shoveled out.

Authorized personnel who must leave their cars on base for an extended period of time must park at the west lot next to Gym 109; the west lot next to the former Building K-61 site; or the south lot at Naval Reserve Building W-36. Vehicles parked in unauthorized areas may be towed.

Building occupants are responsible for the clearing and sanding of pedestrian walkways from the building to the street, including the main sidewalks. Clearing of roadways, parking areas and main sidewalks will proceed according to priority lists established in NAVSTANTPT/LOCAL AREA RI COORDINST 3143.1D.

Snowstorm not necessarily a blizzard

According to the National Oceanic and Atmospheric Administration (NOAA) and the Federal Emergency Management Agency (FEMA), knowing the difference could save your life.

A forecast for snow, without a qualifier such as "occasional" or "intermittent," means a steady fall that will probably continue for several hours.

However, a predicted blizzard indicates low temperatures, sustained winds of at least 35 mph (30 knots), and a deluge of falling and/or blowing snow.

The NOAA National Weather Service issues other specific terms in winter advisories, including:

Winter storm watch: issued when freezing rain, sleet, and/or snowfall of at least 4 inches in 12 hours or 6 inches in 24 hours may occur.

Winter storm warning: issued when freezing rain, sleet, and/or snowfall of at least 4 inches in 12 hours or 6 inches in 24 hours is imminent or is occurring.

High wind warning: issued when winds of at least 40 mph (35 knots) or winds gusting to more than 57 mph (50 knots) are expected to last for at least one hour.

Other terms used by NOAA National Weather Service to alert the public to the threat of hazardous weather are: "Snow flurries," which are intermittent periods of snow falling for a short duration with little or no accumulation;

"Snow squalls," which are brief intense falls of snow that may accumulate, accompanied by gusty winds; and "Freezing drizzle," which indicate rain that freezes as it strikes the ground and other surfaces to form a coating of ice.

During winter months, monitor weather developments by listening to radio, television, or NOAA Weather Radio reports.

For more information, contact the Naval Training Meteorology and Oceanography Command Detachment at 841-4390.

Meetings

Volunteers wanted to promote wellness

Would you be interested in helping your command maintain their wellness?

The Health Promotion Action Council is looking for volunteers from tenant commands to help bring fun and interesting wellness activities to local commands and their families. The council meets the second Thursday of every month at 1 p.m. in the Health Promotion classroom.

Please submit your request chit through your chain of command, noting NAVSTA Newport Instruction 6100.3C.

For more information, please call Health Promotion at 841-6777.

USS Portsmouth

The USS Portsmouth (CL-102), 1944-50, will hold reunion ceremonies April 30 to May 5, 2002, in Jacksonville, Fla.

Contact Jim Patterson at 8 Foster Lane, Palm Coast, Fla., 32137. Phone (944) 446-0895 or email ejpatt@pcfl.net

USS Sample

The crewmembers of the USS Sample (DE/FF-

1048) will meet for their first reunion June 20-23, 2002, in San Diego. All former crewmembers are asked to contact Gary Smoyer as soon as possible at 248 Villnave Road, Moira, N.Y. 12957-1704. Phone: (518) 358-4425 or email wing1182@local-net.com.

USS Tarawa

The USS Tarawa Veterans Association will hold its 13th annual reunion in St. Louis, Mo., on April 18-20. For membership and reunion information, contact either Frank Grosey, President, of 14430 Amethys Road, Victorville, Calif. 92392; phone (760) 241-7472 or email BT2FPG@msn.com; or C. "Roscoe" Turner, Membership Chairman, at 16 South St., Walton, N.Y. 13856. Phone (607) 865-4076 or email acturner@stny.rr.com.

Destroyer Leaders

The Destroyer Leaders Group will meet in Colorado Springs, Colo., Sept. 26-29, 2002. If you served on the USS Norfolk, USS Wilkinson, USS Mitscher, USS Willie A. Lee, or the USS John S. McCain, please contact Walt Alexander at 2311 Idavere Road S.W., Roanoke, Va. 24015-3903. Phone: (540) 345-5826 or email terrapin66@aol.com

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700-Rooms for

NEWPORT, 1 bdrm., private bath, living room, kitchen, cable & phone incl. \$160/week. 847-0032

NEWPORT-In town, near base, lg room, cable parking, kitchen, N/S 846-011
QUET location clean, fur incl. phone, laundry & utility. \$125/wk. 849-1903
SHARE HOUSE, Non-smoker, near base. \$131 per week. 846-9956

710-Unfurn. Apts

1 bdrm. Enjoy sunsets from Terrace. Large liv room & closets, 1st fl. quiet area. \$865 with heat. Portsmouth 849-1100.

1 bdrm. Spectacular Bay view from 7th fl. balcony, immaculate, & spacious laundry, pool, Feb. 1, \$1 plus. Portsmouth 849-1100

3 bdrm., Kay-Catherine area. Heat & water in \$1400/mo. 848-7413.

BRIGHT & NEW 1 bdrm., w/study, built-ins, laund storage, yard. Yr. 1e Jan. 15. \$1,100+. 294-279.

BRIGHT, QUIET 2 bdrm., w/sundry. No pets/smoking \$950+. Call Sean McElroy Remax 848-6751.

NEWPORT, 2/3 bdrm., w/parking, washer/dryer yard. Short or long term \$900+. Osborn Realty, 849-4150.

QUIET 3 bdrm., 2 bath 1750 sq. ft., laund parking. \$1600+. Edith Cushing 848-6750. Remax.

720-Furnished Apt

1-5 bdrm., ATTN: SWOS & others. Great affo able now through July Cornerstone, 849-9192.

2 bdrm. INTOWN near base, lg. room, parkir No smokers. \$1200/heat. 846-0161

ATTN: SWOS & OTHERS 2 bdrm. on the point, off parking, deck, yard, was laundry. \$1000. Avail. Private Properties 84 9000, evens. 846-5434.

ATTN: SWOS and others. Spacious three bedroom, two bath apartment locate just two blocks from Newport Harbor. Walk to everything. Washer/dryer unit, fireplace, Cable, VCR, phones. Strictly no smoking. Off-street parking. Details: www.limnreport.com. Call Karen or Thom at 84 0565 or toll free at 847-7319.

FRESHLY PAINTED new furniture. \$700. Call Oc Side Realty 849-5599 c Nancy evens. 841-5191.

JAMESTOWN waterfront, serene area. \$800. Ocean Side Realty 849-5599 c Nancy evens. 841-5191.

STUDIO APT., 1 mi. from 1st. & 2nd beaches. Parl incl. cable. Avail. Dec. \$800 incl. all. No pets. no smokers. 849-4954 or 225-7535 leave message.

SWOS & OTHERS - Singles welcome. In town, larg apt, w/computer desks & access. 847-1775, broker welcome.

SWOS & Others, wonderful little house, 2 bdrms, bath in great downtown but quiet neighborhood \$950. Private Property 846-9000, evens. 841-0606.

730-Houses for

4 bdrm., 2 bath, waterfront walk to beach. Unfurn \$1700+. 512-630-6309.

730-Houses for

JAMESTOWN VILLAGE, 2 bdrm., 1-1/2 bath, no windows. \$1,390. 423-0312

NEWPORT 3 BEDROOM, 1-1/2 bath, newly remodeled deck, yard. Furnished or unfurnished. Long or short term. \$1,700 +. 0 born Realty, 849-4150.

NEWPORT, 4 bdrm., 2 bath w/bookups, parking & yard \$1,600+. Osborn Realty 849-4150.

PORTSMOUTH - Elmhurst school district. 3 bd duplex. Clean lge. room new windows, w/d book-ups. lge. yard. Garage \$1250+. 225-0317.

PORTSMOUTH - Elmhurst school district. 1 bdrm. cottage. Washer/dryer refig., stove incl. All incl. \$1100 a mo. 683-268

SWOS & OTHERS - Singles welcome. In town. Large fully furnished, incl. puter desks & access. 847-1775. Brokers welcome.

740-Summer Ren

POPE ST., 3 bdrm., HOUSE w/parking, yard, new paint & furniture. Great location. \$12,00 summer. Osborn Realty, 849-4150.

SUMMER RENTALS ALL types. Monthly & season. Edith Cushing or Sea McElroy, Remax 848-6750.

741-Winter Re

1-5 bdrm., ATTN: SWOS & others. Great affo able now through July Cornerstone, 849-9192.

ATTN: SWOS, SALVE & Others. Rentals all ty avail. Remax, Edith Cushing 848-6750.

FURN. 1 bdrm. Cottage Parking. Deposit & rel required. No pets 846-925

870-Houses for



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All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, as amended which makes it illegal to discriminate on the basis of race, color, religion, sex, handicap, familial status or national origin. Any provision in any agreement or contract for the sale of real estate which purports to discriminate on the basis of race, color, religion, sex, handicap, familial status or national origin is hereby declared null and void.

This newspaper will knowingly accept any advertisement for real estate which is in violation of law. Our readers are hereby informed that all the ads appearing in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free 1-800-669-9777. The toll free number for the hearing impaired is 1-800-927-9275. In R.I. contact:

R.I. Human Rights Commission - 1-277-2661
Dept. of Housing & Urban Development - 528-5351

1942 building renovated into lecture hall for NETC

By RICHARD ALEXANDER
Navallog editor

A former World War II gunnery training building on Coddington Point is being transformed into a large lecture hall with classrooms for the Naval Education and Training Center.

Building 1112, built in 1942, has been renovated inside and out by Cooper Construction, Inc. of Mesa, Ariz., under a \$1.6 million contract begun last year.

Lt. Chris Rehkop, project manager at Resident Officer in Charge of Construction (ROICC), said the project contract included a new roof and vinyl siding to replace the asbestos shingling.

The interior work on the north half includes a 300 seat lecture hall with raised podium platform, two classrooms, a small weight room/exercise area, men's and women's heads, and a complete upgrade of heating/air conditioning and fire protection systems, ventilation, and electrical power.

The south half of the building, currently occupied by Seventh Naval Construction Regiment (NCR), is relatively unchanged except for fire sensors and sprinklers, and a dropped ceiling.

James Sprague, civil/architectural branch of Public Works Department, said the Broadened Opportunity for Officer Selection and Training (BOOST) program will utilize most of the spaces, though any school in NETC will have access through the com-

mand. BOOST's main entrance will be on the north side.

Lt. Rehkop said new carpeting and chairs for the lecture hall should be installed this month, and the project should be turned over to the Navy this spring.

Over the past 60 years Building 112 has been all-purpose headquarters for several summer student programs, including the New England Area, U.S. Naval Sea Cadets Summer Boot Camp;

the Civil Air Patrol; Area FOUR Leadership and Sail Training Academy; the U.S. Coast Guard Aids to Navigation; the NETC Shiphandling Tank; and well as a meeting hall for BOOST and Officer Indoctrination School.

"It's had a lot of uses over the years, and was once used for naval gunnery training," Sprague said. "We even found an old gun mount in the foundation."



Ron Fontaine/U.S. Navy photo

SIGN, SIGN, EVERYWHERE A SIGN—The Seventh Naval Construction Regiment (NCR) sign outside Building 1112 points out the distances to its parent command, the Second Naval Construction Brigade in Little Creek, Va., and its subordinate battalions in New Jersey, Michigan, Connecticut and Maine.

Senior enlisted return to roots

By ITC(SW) DAVID DEARIE

Senior Enlisted Academy, Class 99

Each Senior Enlisted Class (SEA), before graduation, visits Recruit Training Command, Great Lakes, Ill., in order to provide a fresh perspective on the Sailors entering today's Navy.

For many SEA students, this return to RTC may be their first since graduating from Great Lakes themselves years ago. Class 99 graduated from SEA in ceremonies on Dec. 19.

The Navy SEA serves to enhance the senior Sailors' (E8 and E9) leadership skills by providing new tools and by honing pre-existing ideals. Part of this learning process requires an understanding of what new Sailors are being taught during the nine weeks at RTC.

RTC's mission statement is "To Make Civilians into Sailors." How RTC accomplishes this tends to be widely unknown for most senior enlisted Sailors. The first encounter most leaders have with new Sailors occurs when the new Sailor reports for duty. Depending on the job specialty this may happen up to two years after graduating from RTC.

During their nine weeks of training, recruits learn of honor, courage and commitment, to function as a team, build camaraderie, and follow orders. For many this structure comes for the first time.

The SEA class met Sailors who were straight out of high school and others who left behind children to gain a fresh start on life. With economic conditions rapidly eroding, the Navy pro-

vides financial hope and stability with opportunity for growth and service to our country.

Many recruits joined the Navy on Sept. 12, the day after America suffered a severe blow to freedom. For these recruits serving in the Navy in any capacity is their way of ensuring continued freedom and prosperity.

The SEA class believes RTC not only succeeds at building Sailors, but the civilians joining the Navy are excited and proud to be part of this organization.

Senior Chief Aviation Ordnanceman (EOD/AW) Eric Frampton from Buffalo, N.Y., commented how "men and women from all walks of life converge from all over the United States with one common goal: to be Navy Sailors. Talking with ENLISTED, Page 13

Newport Naval Cable TV

Pentagon salutes heroes of Sept. 11

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show:

— Heroes of the Sept. 11 terrorist attacks are honored for their actions at the Pentagon.

— Secretary of the Navy, Gordon England and Chief of Naval Operations, Adm. Vern Clark, honor the top recruiters of the year.

— Travel into space with a naval aviator commanding the latest space shuttle mission.

Seapower in WWII

This week's featured video, *World War II, Pacific*, will follow Navy and Marine Corps News, 9 a.m., 1 p.m. and 6 p.m.

Health and Wellness

The Naval Ambulatory Care Center and the Health Promotion Action Council want to help service members achieve and maintain their optimal health and wellness, while learning more about disease prevention. Health education and wellness programs are now offered on Newport Navy Cable Television channel 13, Monday

through Thursday, from 2 to 3 p.m..

During next week's featured segments, beginning Jan. 7, learn more about *Alcoholism and Alzheimer's Disease*.

If interested in classroom/video programs or in participating in the Health Promotion Action Council, call Health Promotion Department at 841-6777.

Fleet & Family Support Center

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics which are of interest to families.

The programs air daily on channel 11 at 10 a.m., 1 and 7 p.m. The weekly schedule is displayed below.

Friday through Sunday	The Baggage Cart
Monday	Single Most Important Ingredient to Building a Loving Relationship
Tuesday	Fleet & Family Service Center

New website lists careers as part of hiring strategy

As part of Secretary of State Colin Powell's aggressive three-year hiring strategy, the U.S. Department of State is proud to announce the launching of its new website found at the new web address, www.careers.state.gov.

Americans looking to serve their country and experience interesting careers with a global lifestyle can explore hundreds of current opportunities in the for-

eign and civil service. Interactive questionnaires, videos and flash presentations help users see if they are should consider being the face of America to the world.

If you would like to learn some resume writing tips or need help with your application, stop by the Fleet and Family Support Center and meet with the spouse employment assistance program specialist, or call 841-2283.

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Bravo zulu

Meritorious Service Medal

Capt. A. M. Greedan, Deputy Commander, Naval Ambulatory Care Center, Newport, Dec. 12, 2001

Navy Achievement Medal

Lt. Cmdr. Elizabeth A. Danis, General Surgery Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
Lt. Cmdr. Amy L. Redmer, Family Practice Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
Lt. Marie Corvo, Family Practice Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
Lt. James Pouillon, Orthopedic Clinic (Podiatry), Naval Ambulatory Care Center, Newport, Dec. 12, 2001
SH2 Eric Perez, Material Management, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HM3 Frank A. Robinson, Mental Health Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HM3 Dana M. Robinson, Medical Records, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HM3 Steve C. Brattain, Active Duty Medicine, Naval Ambulatory Care Center, Newport, Dec. 12, 2001

Good Conduct Medal

HM3 Eric B. Saunders, Pathology Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HN Clyde A. Mills, Pharmacy, Naval Ambulatory Care Center, Newport, Dec. 12, 2001

Letter of Appreciation

HM2 Scott T. Rohrer, Physical Therapy, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HM3 Cynthia L. Hoffman, Safety, Naval Ambulatory Care Center Newport, Dec. 12, 2001
HN Julian C. Torres, Family Practice Clinic, Naval Ambulatory Care Center Newport, Dec. 12, 2001
HN David A. Acosta, Pharmacy, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HN Trina J. Tutson, King Hall, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HN Joseph M. Harrison, (two awards), Family Practice Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001

Blood banks seek donors

Blood donations hit all-time highs after the terrorist attacks, but have now leveled off to pre-Sept. 11 levels. There were shortages again over the past holiday season.

The Rhode Island Blood Center said with an aging population and a more restrictive screening process, more blood is being used in Rhode Island than collected. Rhode Island currently is being forced to buy blood out-of-state.

December was an especially difficult time of year for blood collections. Most people were busy with holiday events and shopping, but there still was a need for 280 pints a day.

For information about where Blood Center sites are located, or information about an upcoming drive, call 1-888-829-RIBC (7422) or visit the website www.RIBC.org.

If your command or activity is interested in sponsoring a blood drive, call the Rhode Island Blood Center at (401) 453-8393.



It's ALL FUN AND GAMES AT NEWPORT GRAND JAI ALAI

Newport Grand Jai Alai's newest gaming room, the Grand Piazza, offers hundreds of slots with no long waiting at your machine for cash payouts. New games like Little Green Men, Monopoly and Wheel of Fortune offer you fun new ways to win. Nickel slots and bar service are available. Come experience the elegance of the Grand Piazza at Newport Grand Jai Alai, where it pays to play!



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203 division officers graduated

By LT. COLIN CHINN
SWOS DOC Public Affairs Officer

Graduation ceremonies were held Dec. 21 in Spruance Hall Auditorium for 203 junior officers who successfully completed the Division Officer Course curriculum within the Surface Warfare Officers School Command (SWOSCOLCOM).

Rear Adm. Roger T. Nolan, Assistant Deputy Chief of Naval Operations for Readiness and Logistics, was the speaker. Also in attendance were Capt. Ronald Brinkley, Commanding Officer, SWOSCOLCOM; and Capt. Orrin Young, Director of DOC.

The mission of Surface Warfare Officers School Command is to provide a continuum of professional education and training in support of the Surface Navy and to prepare officers to serve at sea. During the 16-week Division Officer Course, junior officers learn the basic knowledge required to serve as a Division Officer on board a ship.

Specific areas covered include: tactics and weapons, maintenance, administration and counseling, operations, and maritime



Lt. Colin Chinn/U.S. Navy photo
TEAMWORK—Ens. Geoffrey Sheppard, left, the Adm. Arleigh Burke Award winner, and Rear Adm. Roger T. Nolan, Assistant Deputy Chief of Naval Operations for Readiness and Logistics and guest speaker, cut a cake after the Division Officer Course Class 146 graduation on Dec. 21.

theory. The students also attended the Basic Officer Leadership Course as part of the leadership continuum and received five weeks of specialized engineering training.

After successfully completing the Division Officer Course, these graduates will attend specialty training to prepare them

for their assigned ships.

Many of the graduates demonstrated superior performance during the 16-week curriculum.

Ens. Geoffrey D. Sheppard was awarded the Adm. Arleigh Burke Award, the highest award given to a Division Officer Course graduate. It is given to the one student who is nominated by his or her classmates and the Division Officer Course Staff for exhibiting the finest professional characteristics and leadership as exemplified in the common traits of successful leaders in the fleet.

Other graduates also earned recognition.

Ens. Todd D. Hicks, USNR, was awarded the U. S. Navy League Achievement Award for professionalism and performance. Ens. Thomas J. Danaher, USNR, achieved the highest grade point average overall and the highest grade-point average in the Combat Systems portion of the curriculum.

Ens. Christopher D. McCarley, USNR, achieved the highest grade-point average in the Operations portion of the curriculum **GRADUATES, Page 13**

Graduates

Continued from Page 4

and Ens. Mary K. Kennedy, USNR, achieved the highest grade-point average in the Engineering portion of the curriculum.

The graduating students and their follow-on ship assignments are:

Ens. Aaron M. Adkins, USS Normandy (CG 60)
Ens. Guillermo R. Amezaga, USS Klakring (FFG 42)
Ens. Robert B. Ashford, USS Enterprise (CVN 65)
Ens. David M. Bader, USS Robert G. Bradley (FFG 49)
Ens. Timothy R. Barkley, USS Saipan (LHA 2)
Ens. Jason S. Barrett, USS Guardian (MCM 5)
Ens. John P. Bauer, USS Grapple (ARS 53)
Ens. Jeremiah R. Bautista, USS Mitscher (DDG 57)
Ens. Geoffrey L. Belanger, USS Laboon (DDG 58)
Ens. Tiffani E. Bell, USS Barry (DDG 52)
Ens. Jared P. Belliveau, USS Thach (FFG 43)
Ens. Rhyné S. Beniga, USS Blue Ridge (LCC 19)
Ens. Mark D. Benson, Diving and Salvage Training Center
Ens. Mark A. Berndt, USS Hue City (CG 66)
Ens. Maggie E. Bezek, USS Pearl Harbor (LSD 52)
Ens. Chad M. Bibler, USS John L. Hall (FFG 32)
Ens. Jeremy F. Boback, USS Princeton (CG 59)
Ens. Phillip E. Boice, USS Peterson (DD 969)
Ens. Robert E. Bradenham, USS Valley Forge (CG 50)
Ens. Traci G. Brauner, USS Normandy (CG 60)
Ens. Ute K. Breden, USS John Paul Jones (DDG 53)
Ens. Lauren A. Bross, USS John Young (DD 973)
Ens. Ryan P. Brown, USS Mobile Bay (CG 53)
Ens. Melanie J. Brunmeier, USS Vincennes (CG 49)
Ens. Matthew N. Bullock, USS Frederick (LST 1184)
Ens. Richard A. Buonaiuto, USS McCampbell (DDG 85)
Ens. David L. Burkett, USS Russell (DDG 59)
Ens. Jocelyn M. Butcher, USS Anchorage (LSD 36)
Ens. Marko E. Butler, USS Port Royal (CG 73)
Ens. Andrew E. Carmichael, USS Laboon (DDG 58)
Ens. Daniele Casazza, USS Oak Hill (LSD 51)
Ens. Cristina R. Cavin, USS Carter Hall (LSD 50)
Ens. Victor J. Cirilo, USS Belleau Wood (LHA 3)
Ens. Michael J. Cisek, USS Crommelin (FFG 37)
Ens. Gregory T. Cissell, USS Hawes (FFG 53)
Ens. Barry A. Cohen, USS Milius (DDG 69)
Ens. Quincy M. Collins, USS Mount Vernon (LSD 39)
Ens. Eliza J. Colquitt, USS Curtis Wilbur (DDG 54)
Ens. Francis D. Conole, USS Wasp (LHD 1)
Ens. William V. Cornell, USS Vella Gulf (CG 72)
Ens. Matthew T. Coy, USS Doyle (FFG 39)
Ens. Carl R. Cringle, USS Whidbey Island (LSD 41)
Ens. Thomas J. Danaher, USS Oscar Austin (DDG 79)
Ens. Joseph Darcy, USS Fitzgerald (DDG 62)
Ens. Jonathan C. Davis, USS Milius (DDG 69)
Ens. Jeffrey S. Demattos, USS Juneau (LPD 10)
Ens. Jean T. Dietz, USS Shiloh (CG 67)
Ens. Matthew J. Dillon, USS Higgins (DDG 76)
Ens. Christopher S. Dodrill, USS Mount Whitney (LCC 20)
Ens. Modesto E. Dominguez, USS Blue Ridge (LCC 19)
Ens. Melissa A. Donaldson, USS Philippine Sea (CG 58)
Ens. Daniel I. Doyle, USS De Wert (FFG 86)
Ens. Armane L. Dunn, USS McCampbell (DDG 45)
Ens. Erin M. Durnan, USS Lake Champlain (CG 57)
Ens. Devron L. Eakins, USS Vella Gulf (CG 72)
Ens. Manuel A. Fernandez, USS McClusky (FFG 41)
Ens. Amy M. Fieseler, USS Ramage (DDG 61)
Ens. Edward J. Fishburne, USS Benfold (DDG 65)
Ens. Matthew J. Fleisher, USS De Wert (FFG 45)
Ens. Dina M. Frisella, USS Comstock (LSD 45)
Ens. Elizabeth A. Garvin, USS Duluth (LPD 6)
Ens. Franklin J. Gasperetti, USS Gettysburg (CG 64)
Ens. Garrett R. Gerland, USS Hue City (CG 66)
Ens. Mark E. Gillaspie, USS John L. Hall (FFG 32)
Ens. Kirk R. Glockner, USS Ross (DDG 71)
Ens. Connie N. Guinto, USS Chosin (CG 65)
Ens. Alex A. Gutweiler, USS Valley Forge (CG 50)
Ens. Alexis N. Guzman, USS Gonzalez (DDG 66)
Ens. Peter R. Hales, USS Higgins (DDG 76)
Ens. Kelly M. Haney, USS Russell (DDG 59)
Ens. Alexandria B. Hanmann, USS Shiloh (CG 67)
Ens. David J. Hartman, USS Gonzalez (DDG 66)
Ens. Stephen J. Hartz, USS Oscar Austin (DDG 79)
Ens. Cameron J. Havlik, USS Sacramento (AOE 1)
Ens. Kenneth C. Helman, USS Bunker Hill (CG 52)
Ens. Michael C. Heltzel, USS Pearl Harbor (LSD 52)
Ens. Eric B. Henning, USS Rainer (AOE 69)
Ens. Justin R. Jomoto, USS Stethem (DDG 63)
Ens. John R. Kajmowicz, USS Mobile Bay (CG 53)
Ens. Colin J. Kane, USS Elliott (DD 967)
Ens. Angela M. Karalekas, USS McCampbell (DDG 85)
Ens. Maureen M. Karpinsky, USS Elliott (DD 967)
Ens. Mavrianos J. Kastrinos, USS Monterey (CG 61)
Ens. Jody M. Katrein, USS Shoup (DDG 86)
Ens. Brian R. Kawamura, USS Cowpens (CG 63)
Ens. Jonathan J. Kehoe, USS Vandegrift (FFG 48)
Ens. David C. Keller, USS Shoup (DDG 86)
Ens. Mary K. Kennedy, USS The Sullivans (DDG 68)
Ens. Jeffrey S. Kenney, USS Vicksburg (CG 69)
Ens. Phillip M. Kim, USS Vella Gulf (CG 72)
Ens. Matthew R. King, USS Elliott (DD 967)
Ens. Andrea V. Kinsey, USS Nicholson (LSD 36)
Ens. Nicholle R. Labrie, USS Spruance (DD 963)
Ens. John E. Laird, USS Robin (MHC 54)
Ens. Andrew M. Lavalley, USS LaSalle (AGF 3)
Ens. Bryan E. Lee, USS Chancellorsville (CG 62)
Ens. Hannah H. Lee, USS Fitzgerald (DDG 62)
Ens. Shannon F. Lewis, USS Spruance (DD 963)
Ens. Michael J. Lindstrom, USS Princeton (CG 59)
Ens. Michael R. Lipke, USS Curtis (FFG 38)
Ens. Martha K. MacLeod, USS John Young (DD 973)
Ens. Antionette C. Maffett, USS Carney (DDG 64)
Ens. Francisco E. MaGallon, USS Milius (DDG 69)
Ens. Jedediah J. Magda, USS McFaul (DDG 74)
Ens. Christian R. Magnusen, USS Kinkaid (DD 965)
Ens. Scott P. Maloney, USS Curtis (FFG 38)
Ens. Rebecca A. Manry, USS Benfold (DDG 65)
Ens. Stephen F. Manzo, USS Elliott (DD 967)
Ens. James K. Martin, USS Black Hawk (MHC 58)
Ens. ToDD D. Hicks, USS Gonzalez (DDG 66)
Ens. Tiffany E. Hill, USS Hopper (DDG 70)
Ens. Kathleen I. Hosie, USS Vincennes (CG 49)
Ens. Rephael T. Houston, USS Hawes (FFG 53)
Ens. Mary K. Hudgens, USS Bridge (AOE 10)
Ens. Kirk B. Hurme, USS Higgins (DDG 72)
Ens. Kelvin E. James, USS Vella Gulf (CG 72)
Ens. Derek N. Johnson, USS Carr (FFG 52)
Ens. Michael J. Johnson, USS Chosin (CG 65)
Ens. Justin R. Jomoto, USS Stethem (DDG 63)
Ens. John R. Kajmowicz, USS Mobile Bay (CG 53)
Ens. Colin J. Kane, USS Elliott (DD 967)
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Ens. Rebecca A. Manry, USS Benfold (DDG 65)
Ens. Stephen F. Manzo, USS Elliott (DD 967)
Ens. James K. Martin, USS Black Hawk (MHC 58)
Ens. Christopher D. McCarley, USS Porter (DDG 78)
Ens. Michael P. McGee, USS Dubuque (LPD 8)
Ens. Christopher I. McIntosh, USS Mahan (DDG 72)
Ens. Walton J. McLeod, USS Thorn (DD 988)
Ens. Russell P. Meier, USS Carr (FFG 52)
Ens. Mark A. Menendez, USS Ross (DDG 71)
Ens. Brad A. Meyer, USS Underwood (FFG 36)
Ens. Eric E. Meyers, USS De Wert (FFG 45)
Ens. Andrew J. Miller, USS Princeton (CG 59)
Ens. Christie A. Montemurro, USS Mobile Bay (CG 53)
Ens. Loren B. Morgan, USS Donald Cook (DDG 75)
Ens. Jonathan D. Morrison, USS Gary (FFG 51)
Ens. Sara E. Moss, USS Fletcher (DD 992)
Ens. Jason E. Much, USS Shoup (DDG 86)
Ens. Thomas A. Mulligan, USS Thomas S. Gates (CG 51)
Ens. Mark D. Murgia, USS Monterey (CG 61)
Ens. Bao T. Nguyen, USS Donald Cook (DDG 75)
Ens. Christian T. Nguyen, USS Falcon (MHC 59)
Ens. John L. Olson, USS Vicksburg (CG 69)
Ens. Audry T. Oxley, USS Yorktown (CG 48)
Ens. Anthony D. Pangjogie, USS Whidbey Island (LSD 41)
Ens. Rachel G. Pastorin, USS Chosin (CG 65)
Ens. Yvonne D. Perez, USS Anchorage (LSD 36)
Ens. Matthew P. Petrides, USS Carter Hall (LSD 50)
Ens. Grey A. Pfarr, USS Bunker Hill (CG 52)
Ens. William A. Pikul, USS Frederick (LST 1184)
Ens. John G. Pinto, USS Raven (MHC 61)
Ens. Mark A. Porfiro, USS Bataan (LHD 5)
Ens. Myron J. Porter, USS Deyo (DD 989)
Ens. Abigail Preston, USS Frederick (LST 1184)
Ens. Eric S. Raymond, USS Vicksburg (CG 69)
Ens. Daniel A. Reiher, USS Hue City (CG 66)
Ens. Courtney L. Renner, USS Ticonderoga (CG 47)
Ens. Edmond Rexha, USS Reuben James (FFG 57)
Ens. Jerry Riley, USS Briscoe (DD 977)
Ens. Brandon M. Rindler, USS Mitscher (DDG 57)
Ens. Joseph R. Rose, USS Ross (DDG 71)
Ens. Stephanie M. Sanchez, USS Bonhomme Richard (LHD 6)
Ens. Debra R. Schubart, USS Anzio (CG 68)
Ens. Susan L. Schumann, USS Port Royal (CG 73)
Ens. Jesse J. Schweickert, USS Samuel Elliot Morison (FFG 13)
Ens. Brian F. Scopa, USS Ogden (LPD 5)
Ens. Jonathan P. Sedun, USS Mobile Bay (CG 53)
Ens. Matthew R. Shellock, USS Elliott (DD 967)
Ens. Geoffrey D. Sheppard, USS Sides (FFG 14)
Ens. Elizabeth L. Simmons, USS Fort McHenry (LSD 43)
Ens. Isaac C. Smead, USS Peleliu (LHA 5)
Ens. Lesley E. Smith, USS Elliott (DD 967)
Ens. Jeffrey J. Snyder, USS Lake Champlain (CG 57)
Ens. Elizabeth G. Snelling, USS Cowpens (CG 63)
Ens. Franklyn D. Sparks, USS Blue Ridge (LCC 19)
Ens. Joseph Spinelli, USS Peterson (DD 969)
Ens. Kyle T. Stentiford, USS Tortuga (LSD 46)
Ens. Antoinette B. Stetzenmeyer, USS Paul F. Foster (DD 964)
Ens. Matthew F. StevEns, USS Fitzgerald (DDG 62)
Ens. Jennie E. Stone, USS John Paul Jones (DDG 53)
Ens. Thomas M. Storer, USS Denver (LPD 9)
Ens. Maggie J. Suess, USS Tarawa (LHA 11)
Ens. Patrick A. Tamakloe, USS Donald Cook (DDG 75)
Ens. Jennifer M. Thompson, USS Cole (DDG 67)
Ens. Kevin E. Thompson, USS San Jacinto (CG 56)
Ens. Dana E. Toale, USS Hopper (DDG 70)
Ens. Christopher M. Tyll, USS Valley Forge (CG 50)
Ens. Jennifer B. Tyll, USS Lake Champlain (CG 57)
Ens. Annetie M. Ukpe, USS Vincennes (CG 49)
Ens. Renata A. Valenzuela, USS Dubuque (LPD 8)
Ens. Angela M. Vasquez, USS The Sullivans (DDG 68)
Ens. Henry S. Vasquez, USS Vicksburg (CG 69)
Ens. Brendan L. Vesey, USS Nicholson (DD 982)
Ens. Matthew T. Viele, USS Thach (FFG 43)
Ens. Alton L. Washington, USS Lake Erie (CG 70)
Ens. Jaime Waters, USS Laboon (DDG 58)
Ens. Mark V. Waterston, USS Jarrett (FFG 33)
Ens. Matthew T. Weaver, USS Rentz (FFG 46)
Ens. Jeffrey A. Werby, USS Oak Hill (LSD 51)
Ens. John K. Werner, USS Mahan (DDG 72)
Ens. Robert T. Wilkinson, USS Anchorage (LSD 36)
Ens. Benjamin R. Williams, USS Bunker Hill (CG 52)
Ens. Joshua R. Williams, USS Monterey (CG 61)
Ens. Lawrence L. Williams, USS John Paul Jones (DDG 53)
Ens. Scott E. Williams, USS Duluth (LPD 6)
Ens. George E. Wisniewski, USS Kearsarge (LHD 3)
Ens. Patricia A. Witcher, USS Camden (AOE 2)

Enlisted

Continued from Page 3

these new Sailors, my future shipmates, highlighted my trip to RTC."

Upon completion of this three-day visit, SEA Class 99 returned to Newport physically tired but emotionally uplifted. Although

most of this SEA class will be retired in 10 years, they have a renewed hope in the future senior enlisted Sailors. They had the rare opportunity to look at our future and affirm what a bright future lies ahead.

CFC

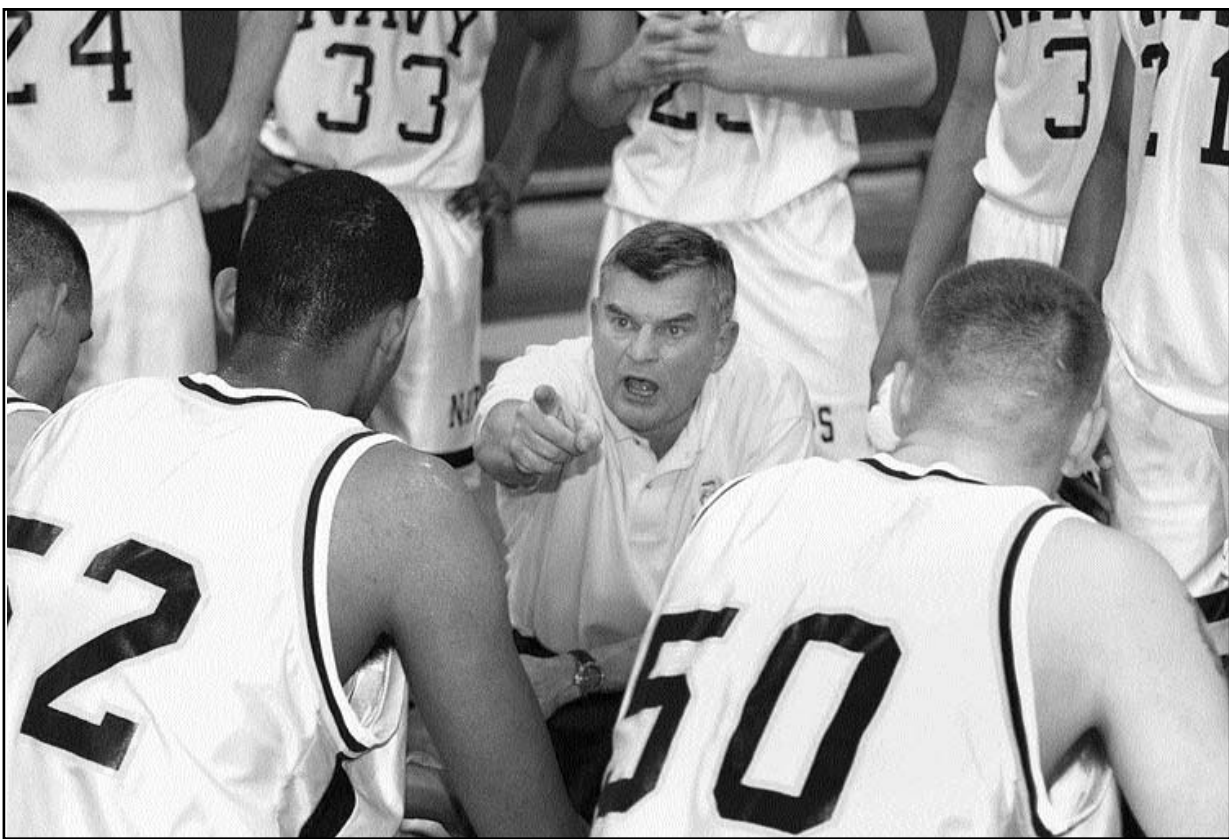
Continued from Page 2

together to make this thing work despite all the tragedy in New York, D.C., and Pennsylvania. Raising nearly \$200,000 in six weeks for the good of others is just amazing to me."

Started in 1957, CFC is the evolution of an informal work site coffee can collection for local charities. Reorganized in 1961 under President John F. Kennedy, it is now one of the most generous annual fund drives in the world.

Some of local organizations receiving assistance from CFC include Armed Services YMCA, Naval War College Foundation, Rhode Island Chapter of the American Red Cross, and Lucy's Hearth.

Sports



PHC (AW) Jon Hockersmith/U.S. Navy photo
COACH Dave Sladky instructs of his basketball players during a time out at the Naval Academy Prep School's Gym 302.

MCI overtakes NAPS, 74-62

FITCHBURG, Mass. —The Naval Academy Prep School Rams traveled to Fitchburg State College to take on the Maine Central Institute Cougars on Dec. 15.

It was a showcase event for a scholarship program for the Massachusetts Officials Association.

Though the Rams outscored MCI of Pittsfield in the second half, the Cougars' halftime double-digit lead held up, and they went on to win, 74-62.

Navy led early and played well against a very talented Maine team, and at the 10 minute mark held a slim four-point lead. But at that point the Cougars took control and raced to a 10 point halftime lead.

The second half was a barn-burner as NAPS came back, but had a relapse of the turnover flu, then regrouped and came back strong again.

"We played good defense for

most of the game and except for a couple of lapses, we actually played pretty well on the offensive end," Coach Dave Sladky said. "We took it right at them in the second half and that was encouraging, as well as keeping our focus and continuing to play hard."

The Rams were led in scoring by Matt Green and Marquis Tay-

lor, both with 11 points. Leonard Green and Chika Oneykana and Tristen Redman had solid games as well. The well balanced Ram attack had all players scoring.

The Rams' game against Celestial College of Philadelphia was canceled Dec. 19. The school broke for the holidays, and returns to campus on Jan. 6.

Brown Bruins to host Navy

Military ticket discount offered

PROVIDENCE—The Brown University men's basketball team will be hosting Navy and Coast Guard over the next few days, and the Brown Athletic Department is offering a special military discount for active duty for Armed Forces to attend the games at the Pizzitola Sports Center in Providence.

The Bruins opened its Armed Forces Week against the U.S. Military Academy from West Point, N.Y., on Jan. 2, and continues with the U.S. Naval Academy

from Annapolis, Md., tomorrow at 2 p.m.; and the U.S. Coast Guard Academy from New London, Conn., on Jan. 7 at 7 p.m.

All members of the Armed Forces are invited to attend for a special discount of \$2 per ticket with a military ID. Up to four tickets can be purchased with the Military ID so a whole family can attend.

For more information, contact the Brown Athletic Department ticket office at 863-2773 or Ticket Connection at 841-3116.

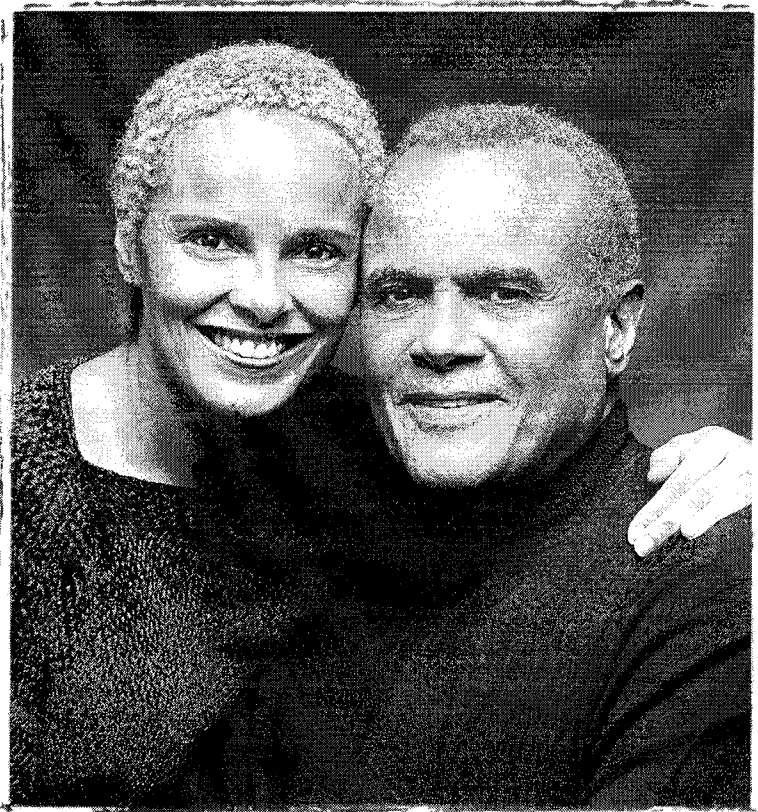


NEWPORT BLUES swimmers leave the starting blocks at Pool 307. New members are welcome, and may stop by the pool any day, Monday through Friday at 6 p.m., for tryouts.

SO YOU DON'T THINK IT AFFECTS WOMEN, TOO?

PROSTATE CANCER. GET THE FACTS.

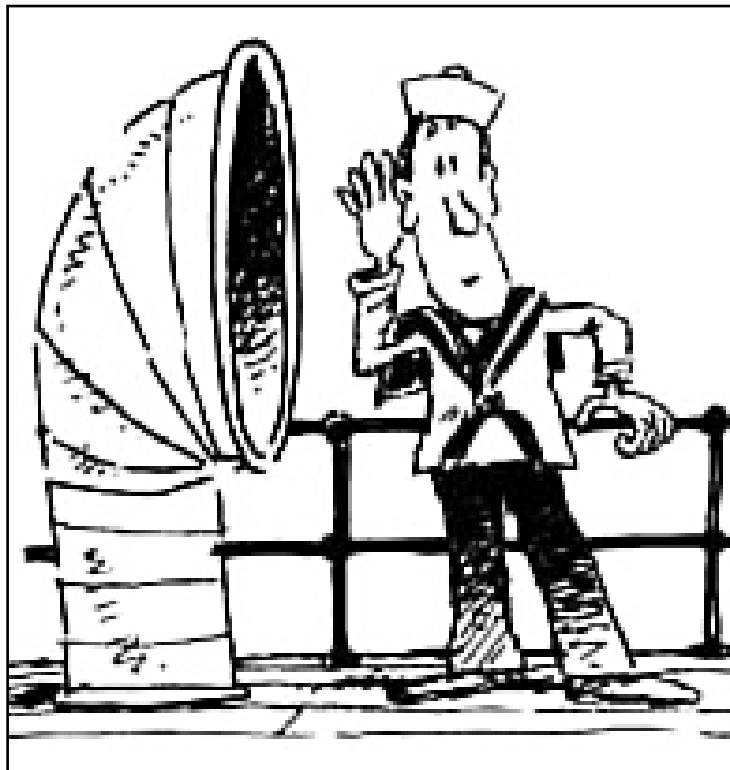
Prostate cancer may be a male disease, but for every man who is diagnosed, there are sisters, wives, mothers and daughters who also feel the effects. Fortunately, prostate cancer has one of the highest survival rates of any type of cancer. Call the American Cancer Society today, to learn everything you can. If not for yourself, for someone you love.



1-800-ACS-2345
www.cancer.org

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CANCER
SOCIETY**
Hope. Progress. Answers.

Now hear this



International students need Newport sponsors

The Naval Staff College is a six month program at the Naval War College for mid-grade officers from around the world. Because of the short length of the course and the cultural transition, NSC seeks sponsors (military and civilian) to assist the students and their families during their stay in Newport.

The opportunity to get to know these officers from our allies' military and their families is an experience that can enrich your family. Many of these young officers have gone on to be the leaders of their country's navy and military. In fact, one former student is now the President of Lebanon!

The time requirements are minimal and sponsorship includes social activities sponsored by NWC.

The next class begins in January and NSC is looking for sponsors.

Military sponsors are needed for representatives from The Bahamas, Cameroon, the Dominican Republic, Guinea, Jamaica, Nigeria, Oman, the Philippines, Qatar, Romania, Saudi Arabia, the United Arab Emirates.

Civilian sponsors are needed for representatives from Latvia, Oman and Saudi Arabia

If interested in helping out or would like more information, contact Ms. Alice Deery at 1-4782.

Flu vaccines for walk-ins

The influenza vaccine has arrived at Naval Ambulatory Care Center, Newport, and is available to eligible military family members and regular patients on a walk-in basis at the Immunizations Clinic.

No prescription or appointment is required.

Personal Property revises hours

The Personal Property Shipping Office in Building 690 will be closed every Wednesday morning. Hours of operations are Monday, Tuesday, Thursday and Friday from 7:30 a.m. to 4:30 p.m., and Wednesday from 1 to 4:30 p.m.

Commissary revises hours

In an effort to better meet the needs of the local military community, the Naval Station (NAVSTA) Newport Commissary Store has revised hours. The new daily hours of operation will be as follows:

Sunday — 11 a.m. to 4 p.m.
 Monday — Closed
 Tuesday through Friday — 10 a.m. to 6 p.m.
 Saturday — 9 a.m. to 6 p.m.

Assistance

Retired Activities Office looking for volunteers

The Retired Activities Office in Building 1260 is looking for a couple of volunteers to staff the office for three hours a week, either 9 a.m. to noon or noon to 3 p.m.

On-the-job training will be provided.

If you can use a phone book and answer the telephone, the rest is easy. Newcomers will be paired with a current volunteer and when they feel confident, they will be assigned a time slot.

For more information, call retired Air Force Col. Dave Fink at 841-4089.

Navy Marine Corps Society welcomes new volunteers

If you have a couple of hours to spare, the Navy-Marine Corps Relief Society (NMCRS) could use your help.

The Rhode Island Auxiliary, located in Building 1297 at Naval Station Newport, is in need of few good volunteers to assist with its various programs and services. No experience is required — just a small commitment of your time (two to eight hours a week) and willingness to help is all that is required. Training is provided.

Positions available include interviewer/case-worker; receptionist; data entry; publicity; Thrift Shop workers; layette knitters/crocheters; and management personnel.

City to collect Christmas trees

Christmas is over and now you're wondering what to do with the old "tannebaum" in the living room.

Military residents living in Newport residential areas may put their old trees out on the curb between Jan. 7 and 18 on the same days as their regular trash pickup and recycling.

All trees should be discarded whole, with all tree ornaments, tinsel and tree bags removed. Christmas trees will be collected in a separate truck.

Because of the New Year's holiday this week, today's collections will be tomorrow.

Residents are also reminded that all cardboard and wrapping paper is collected through the city's recycling program, including gift boxes and printed boxes from new toys. All cardboard must be set out on the curb in pieces less than three feet square, tied in bundles, in paper grocery bags or in the green recycling bin.

All wrapping paper should be set out in the green paper recycling bins or in paper bags.

Yard waste also will be collected Jan. 7 through 11 on the same days as residents' trash and recycling schedule. All yard waste, including leaves and grass free of sticks and litter, should be set out on the curb in brown paper leaf bags or loose in barrels labeled "yard waste."

For more information call the Newport Clean City Program at 849-2380.

The time you give doesn't compare to what you gain. Volunteering allows you to gain work and life experience, as well as learn area resources, meet new people and make new friends. Child care and mileage is reimbursed.

For more information about volunteering with NMCRS, call 846-4341.

You can help promote wellness

Would you be interested in helping your command maintain their wellness?

The Health Promotion Action Council is looking for volunteers from tenant commands to help bring fun and interesting wellness activities to local commands and their families. The council meets the second Thursday of every month at 1 p.m. in the Health Promotion Classroom.

Please submit your request chit through your chain of command, noting NAVSTA Newport Instruction 6100.3C.

For more information, please call Health Promotion at 841-6777.

Home care program has openings

Child Development Homes, formerly the Family Child Care Program, has opportunities for new providers.

Call the CDH office at 841-6225.

98082

2 x 8.00

ROGER WILLIAMS UNIVERSITY
CONTINUING EDUCATION

What's going on

Brown sports offers discount

The Brown University men's basketball team will be hosting Navy and Coast Guard over the next few days, and the Brown Athletic Department is offering a special military discount for active duty for Armed Forces to attend the games at the Pizzitola Sports Center in Providence.

Brown opened its Armed Forces Week against the U.S. Military Academy from West Point, N.Y., on Jan. 2, and continues with the U.S. Naval Academy from Annapolis, Md., tomorrow at 2 p.m.; and the U.S. Coast Guard Academy from New London, Conn., on Jan. 7 at 7 p.m.

All members of the Armed Forces are invited to attend for a special discount of \$2 per ticket with a military ID. Up to four tickets can be purchased with the Military ID so a whole family can attend.

For more information, contact the Brown Athletic Department ticket office at 863-2773 or Ticket Connection at 841-3116.

- TODAY, Jan. 4**
- Armed Services YMCA, Fitness Hour, 9 to 10:30 a.m.
 - Big Kids Games, 6 to 9 p.m. Kids ages 5 and older join your friends at the "Y" for New Year's fun, games and celebration. \$10 per child.
 - Scrapbooking, 6 p.m. to midnight. Learn to create beautiful memories with your snapshots. \$10 for beginners/\$5 to crop.
 - Lunchtime Bingo, noon to 1 p.m. at the Recreation Center, Building 656. New game every 10 minutes.
 - Movies at Recreation Center, Building 656, *An Officer and a Gentleman* (R), *Courage Under Fire* (R). Shown all week upon request 5 p.m. to closing.
 - Fitness equipment orientation for proper/safe use of Nautilus equipment, cardiovascular machines and the free weights, every Monday, Wednesday and Friday mornings at 8, 9 and 10 a.m., FITNESS Plus, Building 355. Monday, 8 a.m., Nautilus (upper body), 9 a.m., Nautilus (lower body), 10 a.m., cardio/free weights; Wednesday, 8 a.m., Nautilus (lower body), 9 a.m., cardio/free weights, 10 a.m., Nautilus (upper body); Friday, 8 a.m., cardio/free weights; 9 a.m., Nautilus (upper body); 10 a.m., Nautilus (lower body). For more information, please visit or call FITNESS Plus at 841-1474.
- SATURDAY, Jan. 5**
- "Rock and Bowl," 8 p.m., Seaview Lanes, Building 656. Bowl to dim lights and hottest rock and roll hits. Prizes awarded if strike rolled when head pin is red. \$7 per person. Food and beverages from the special "Rock and Bowl" menu available for purchase! Call the Bowling Center at 841-4293 after 5 p.m.
- SUNDAY, Jan. 6**
- Chapel of Hopeworship services: —Catholic mass, 9 a.m. and noon.
 - Protestant services, 8 and 10:30 a.m.
 - Free admission to Providence Children's Museum, 9:30 a.m. to 5 p.m., 100 South Street, Providence. Families

invited to play and learn together at Rhode Island's interactive children's museum. Call 273-5437 or visit www.childrensmuseum.org.

- MONDAY, Jan. 7**
- Armed Services YMCA —Fitness Hour, 9 to 10:30 a.m.
 - Make and Take Snowman, 11 a.m. to noon. Make an indoor and maybe an outdoor snowman to decorate. \$5 per child.
 - Stress Management 101, 3 to 4:30 p.m., Fleet and Family Support Center. Learn how to assess your stress level, increase stress relief skills to avoid burnout and learn how to regain control of stressful situations. Call 841-2283 to register or more information.
- TUESDAY, Jan. 8**
- Armed Services YMCA: —Fitness Hour, 9 to 10:30 a.m.
 - Scrapbooking, 6 p.m. to midnight - Learn to create beautiful memories with your snapshots. \$10 for beginners/\$5 to crop.
 - Free movies at Officers' Club, Jan. 8 at 6 p.m., *Summer Catch* (PG13); 8 p.m., *Rockstar* (R).
 - Investing in Your Future Workshop, 6:30 to 8:30 p.m., Fleet and Family Support Center - Basic information on mutual funds, IRAs, 401Ks, college tax credits and more will be discussed.
- WEDNESDAY, Jan. 9**
- Armed Services YMCA: —Parents' Time Out, 9 a.m. to noon. Let the staff at the "Y" watch your child(ren) ages 18 months and older while you run errands or enjoy some time to yourself. \$10 for the first child, then \$5 each additional child. Pre-registration/payment required.
 - Water aerobics, every Tuesday and Thursday from 4:45 to 5:45 p.m., Pool 307, \$3 per class or, \$25 punch card for 10 classes plus one free class. For more information, call Pool 307 at 841-6628.
 - Car buying Workshop, 11:30 a.m. to 1 p.m., Fleet and Family Support Center - Learn how to buy a car, compare costs, research, find a qualified mechanic and develop a spending plan.
- THURSDAY, Jan. 10**
- Armed Services YMCA: —Knitting, 10 a.m. to noon. Make beautiful hand-made gifts for the holidays. \$12 per session.
 - Spaghetti Social, 11 a.m. to noon. Make an Italian meal to share with your friends and family. \$5 per child.
 - Whole-sum Pathways, 6 to 7:30 p.m. An 8-week program focused on successful weight loss and nutrition, body sculpting and individual counseling. \$7 per class. Also, Dec. 27, 6 to 7:30 p.m. —Lunchtime Bingo, noon to 1 p.m. at the Recreation Center, Building 656! New game every 10 minutes. Cost is \$1 each (three cards on a strip) Winners receive \$30 cash prizes! Huge Friday jackpot game starting promptly at 12:30 p.m.
- Upcoming:**
- Jan. 12 — Home By Myself Workshop, 9 a.m. to 12:30 p.m., Fleet and Family Support Center. Skill-building workshop for children and their parents who will be home alone for short periods of time. Fire and safety tips, basic first aid, role-playing and more will be included. For registration or more information, call 841-2283.
- Jan. 22 — Smooth Move, 6:30 to 8 p.m., Fleet and Family Support Center. Hear representatives from Housing, Personnel Support Detachment, Personal Property and others to help ease the stresses associated with a move. Call 841-2283 for more information.



Lt. Colin Chinn/U.S. Navy photo
CADETS from the French helicopter training ship Jeanne d'Arc tour the Naval War College Museum last month as guests of the Surface Warfare Officers School Command. The ship visited Boston during a training cruise.

Speaker of House visits NUWC

The Naval Undersea Warfare Center Division, Newport, hosted a visit by state Rep. John Harwood, Rhode Island Speaker of the House; Rep. Paul Crowley of Newport; and members of the House Finance Committee on Monday.

The visit, coordinated by Keith Stokes, executive director of the Newport County Chamber of Commerce, was arranged to present the visitors with an overview of the proposed Ocean State Advanced Technology Center (OSAT).

OSAT, which was first proposed in spring of 2000, and has been endorsed by R.I. Gov. Lincoln Almond and the state's Economic Policy Committee, would form a partnership between NUWC and the state of Rhode Island to leverage a wide variety of the Navy laboratory's resources.

Under the partnership the state would construct a multi-story building on Navy land adjacent to NUWC. The state would then lease space to private sector high-tech firms, academia, and other government entities interested in partnering with NUWC to exploit its

knowledge base and unique facilities. The plan will benefit both partners through the sharing of expertise and appropriate dual-use technologies, while reducing the Navy's infrastructure costs.

A review of various locations has identified a six-acre site adjacent to NUWC as the best location and a plan has been forwarded to the Secretary of the Navy for review and approval consideration.

If the state and the Navy can come to an agreement, ground could be broken as early as 2003.

Photo: James Salzano

The future of our children depends on a well-equipped army.

Whether you come with a skill to share, a hand to hold, a safe place to hang out, a job to offer, or a shoulder to cry on, your personal involvement is the most important thing you can give our children. ♦ Our organization, America's Promise — The Alliance for Youth, is building on the vision and commitment of our founding chairman, General Colin L. Powell to help young people develop the character and competence they need to succeed. ♦ Log on to our Web site, or call us. Find out how you can help in your hometown. ♦ The future of our children is up to each of us.

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Recreation

Calling all skiers to SNOJAM 2002

CHARLEMONT, Mass. — Navy Region Northeast, Fleet Recreation and the Morale, Welfare and Recreation (MWR) Department invite all active duty, reservists, retirees, Department of Defense civilians, MWR employees and their families and guests to SNOJAM 2002, Jan. 25-27, at Berkshire East Ski Resort in Charlemont.

Get ready for the Navy classic and reserve a command team or sign up now!

Here is the deal: A three-day, two night lift ticket; two-nights local lodging; SNOJAM Awards Banquet admission; Fleet Recreation Classic Grand Slalom Race admission; Sno-Bash welcome party admission; and Slide for Life Slalom.

The cost for active duty, reservists, dependants (double occupancy) is \$130; retirees, \$135; DoD, MWR civilians and authorized guests, \$145; and non-skiers, \$75

For students ages 12 through 18, the price of a weekend lift ticket is \$40; and for juniors ages 5 through 12, \$30.

This trip sells out fast...and space is limited! Register with Dan Tusinski, FRC-CNRNE-BOSTON by calling (617) 242-5672, DSN-955-4958 or by e-mailing him at boston@cner.navy.mil

Get body moving in fitness classes

This winter, the Morale, Welfare and Recreation Department fitness staff says, "don't move a muscle—move them all!" —at one of the fabulous aerobics classes offered at FITNESS Plus, Building 355!

Start your day off right by getting your body moving and your heart pumping at a super 6 a.m. class! Offered four days a week, this early morning class will kick-start your day and still get you to work or

class on time.

Each class is different from cardio to toning to circuit training so you are sure to find one that meets your needs. Classes are also offered throughout the day and even on Saturday, making the MWR fitness program easy to fit into your busy schedule.

There is no need to pre-register—just show up and get fit! Classes cost just \$1 to walk-in or purchase a punch card good for 30 classes for just \$25. Stop by FITNESS Plus or Gym 109 and pick up the most current schedule today or call the fitness staff at 841-1474 for more information.

Certified aerobics instructors needed

Are you a certified aerobics instructor looking to teach in a fun, friendly environment? Then come over and talk to a member of the fitness staff at Gym 109! We are looking for a certified instructor with

a flexible schedule for our program. We could be looking for you! Stop by today for more information.

Red Pin Rock 'n Bowl means fun at Seaview

Get ready to "Rock and Bowl" at Seaview Lanes, Building 656, every Saturday for just \$7 per person. Starting at 8 p.m. we will turn down the lights and turn up the tunes as we "Rock and Bowl" all night long!

DJ Tim West spins all the hottest rock and roll hits and bowlers can win great prizes if they bowl a strike when the head pin (first pin) is a red pin!

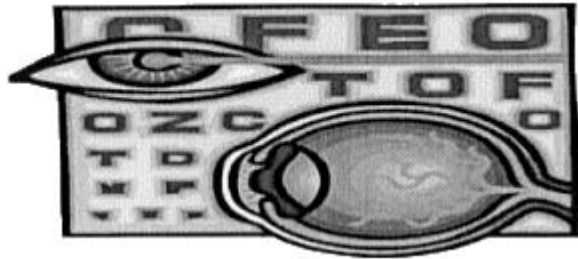
Don't worry—if you work up an appetite, you can order delicious food and beverages from the special "Rock and Bowl" menu! You don't have to pre-register—just bring your friends and have a great time rocking and bowling! For more information, call the Bowling Center at 841-4293 after 5 p.m.

Health Promotion Department



National Eye Care Month

Health Promotion



January 2002

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8 1200 NACC FitBodies Support Group 1800-1900 NACC Lyme Prevention	9 0900 & 1500 NACC Healthy Eating	10 09-1000 Glucose Monitor 18-1930 NACC Tobacco Cessation 1 1130-1230 NWC Tobacco Cessation 1	11
14	15 1130-1230 NWC ShipShape!	16 1500-1600 NACC Healthy Heart 1800-1900 NACC ShipShape!	17 09-1000 Glucose Monitor 18-1930 NACC Tobacco Cessation 2 1130-1230 NWC Tobacco Cessation 2	18
21	22 1130-1230 NWC ShipShape!	23 1800-1900 NACC ShipShape! 1800-1930 NACC Asthma Prevention	24 09-1000 Glucose Monitor 18-1930 NACC Tobacco Cessation 3 1130-1230 NWC Tobacco Cessation 3	25 0900-1000 NACC PACE
28 0900-1000 NACC PACE	29 1130-1230 NWC ShipShape!	30 1800-1900 NACC ShipShape!	31 09-1000 Glucose Monitor 18-1930 NACC Tobacco Cessation 4 1130-1230 NWC Tobacco Cessation 4	

Do you have New Years Resolutions? We can help! Call 841-6777 for information about our tobacco cessation and weight loss programs.



SEVERAL CADETS from the visiting French helicopter training ship Jeanne d'Arc look over an MK48 torpedo on display at the Naval War College Museum.

SWOS makes French connection

By LT COLIN CHINN
SWOSDOC Public Affairs Officer

The Surface Warfare Officers School played host to 59 midshipmen from the French Helicopter Training Ship Jeanne d'Arc. The ship was conducting a port visit in Boston during a training cruise.

The midshipmen were given a chance to hone their shiphandling with the 2086D shiphandling team trainers in Callaghan Hall. Although they couldn't feel the sea spray in their faces, they were provided training as close to driving a real top-of-the-line U.S. Navy destroyer as they could.

The midshipmen spent about an hour maneuvering their ships around simulated fishing vessels, merchant ships and other U.S. Navy ships in the SWOS ship simulators.

They gained invaluable hands-on training experiencing relative motion between ships, solving maneuvering board problems, and using standard commands to navigate their ships on the "electronic ocean."

The midshipmen came from several different countries, including France, Morocco and



CADETS try out the pelorus, left, and the helm, far right, at the shiphandling trainers in Callaghan Hall, Surface Warfare Officers School Command.

India.

Led by Lt. Jean Chaderat, a combat systems instructor aboard the Jeanne d'Arc, and accompanied by the French Consulate General from Boston, Stephane Chmelenky, the midshipmen were visiting Newport to attend a ceremony at the Rochambeau Monument on Wellington Avenue. About 6,000

French sailors debarked at the point to aid the colonists against the British in July 1780.

While visiting the local sites, the group received a tour of Naval Station Newport, including the Naval War College museum and had lunch at Ney Hall galley.

Their day at Newport was rounded off with the trip to the SWOS shiphandling trainers.

Ensigns collect 226 Toys for Tots

By LT COLIN CHINN
SWOSDOC Public Affairs Officer

Christmas for hundreds of local needy children this year was made a little bit brighter by the students of Class 147 at the Surface Warfare Officers School Division Officers Course.

Led by Ens. Jeremy Schaub and Dayna Rowden, the Class of 202 students combined to collect

over 226 toys in less than a week for the annual Marine Corps Reserve Toys for Tots campaign.

"This makes me feel so proud to be able to be a part of such a special group here at SWOS," said Rowden. "This is what makes the Navy such a special organization, willing to help whenever and wherever we can."

The hundreds of toys were col-

lected by class section as a way to spark friendly competition.

Section 17 was declared the victors, collecting 54 toys from only 21 students. The toys were received by the Commanding Officer of the Newport Marine Corps Detachment, Capt. Michael Evans and Cpl. Eliseo Rodriguez, a member of the Marine Corps Detachment.

Fleet and Family Support Center

Make investments part of your future

Whether you are planning for your retire ment, your children's education, or would like to put money away for a rainy day, come to the Investing in Your Future workshop on Tuesday, Jan. 8, from 6:30 to 8 p.m., at the Fleet and Family Support Center.

The presenter for the workshop is Julie Reed, a retired Navy master chief radioman and a registered principal for a local investment firm.

This workshop is designed to provide a variety of financial information, including IRAs, college tax credits, education IRAs, mutual funds, 401ks, and stocks and bonds. Start letting your money work for you. Space is limited to 20 participants.

For information and to register, call 841-2283.

Car buying workshop—Have you ever purchased a car or truck and then had this uncomfortable feeling that maybe you paid too much? If you can say yes, or want information on how to buy a new or used car or truck, plan on attending the Car Buying Workshop at the Fleet and Family Support Center on Wednesday, Jan. 9, from 11:30 a.m. to 1 p.m.

Representatives from the Navy Federal Credit Union will provide the skills to negotiate the best price, compare costs of ownership, conduct research via the Internet, and information to explore financing and lease options.

Call 841-2283 for more information and to register.

Smooth move—Whether you are planning your first military

move or your 15th, make it a point to attend the "Smooth Move Workshop" at the Fleet and Family Support Center on Tuesday, Jan. 22, from 6:30 to 8 p.m.

This workshop is designed to ease the stress and frustration associated with relocation and contains information on moving strategies and tips, travel pay and allowances, stress, employment aspects associated with moving, and the myriad of details that are encountered in your military move. For information and to register for this workshop, please call 841-2283.

Effective resumes—A resume is one of your most important tools when looking for a job. Learn how to prepare an effective resume that will get you an interview.

This workshop is scheduled for Wednesday, Jan. 23, from 11:30 a.m. to 1 p.m. Learn what to include on your resume, which format to use, and other resume writing tips. For more information or to register, call the Fleet and Family Support Center at 841-2283.

Sponsor training—The difference between a good transfer and a bad one can sometimes be the first impression a new member and his or her family get when they arrive at the new duty station. That is why the Navy Sponsor Program was established.

The sponsor plays a big part in making the first impression a positive one. A sponsor is a "friend" who is willing to help relocating personnel and their families when transferring on Permanent Change of Station orders.

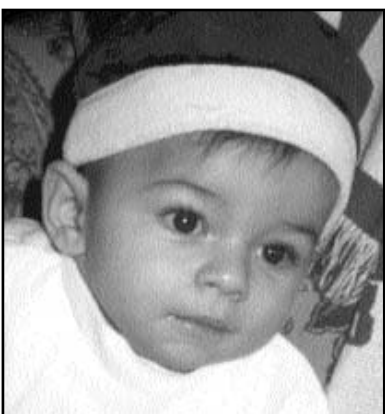
In order to prepare you to be a Navy sponsor, the Fleet and Family Support Center is conducting a "Sponsor Training Workshop" on Thursday, Jan. 24, from 9 to 11 a.m. This training provides information pertinent to the performance of sponsorship duties.

Registration is required and may be made by calling 841-2283.

Anger management—Anger is a powerful feeling. It can be used destructively, or it can be used for positive change. Learn how to manage your anger and change your life for the better.

This skills building workshop will take place Thursday, Jan. 24, from 11:45 a.m. to 1 p.m. Registration is required and may be made by calling 841-2283.

Birth



NATHAN ALAN ANDRADE, son of Jay and Janet Andrade of Middletown, was born June 1, 2001, at Newport Hospital. He weighed 8 pounds and 15 ounces and was 20 inches long at birth. Mrs. Andrade is on staff at the Naval Academy Preparatory School.

Ticket Connection

We have lift tickets for area ski resorts

Do you love to ski, but hate driving for hours to get to a ski resort? Why not ski Wachusett instead? Wachusett Mountain is located in scenic Princeton, Mass., and is just a two-hour drive from the Newport area.

The Ticket Connection, Building 656 has Wachusett Mountain Lift Tickets available for weekend or holiday skiing for patrons. Each pass costs just \$41, saving you \$2 off the regular price.

Seven mountains, 32 lifts, endless nightlife equals one great vacation at Killington Ski Resort in Killington, Vt. The discount Killington lift ticket may be used any day and cost just \$52, a savings of \$7 off the weekday rate and \$10 off the weekend/holiday rate.

For more information, visit the office or call 841-3116.

Ballroom dance classes offered

Ballroom dance lessons are the perfect gift for that someone special in your life! An eight-week session of ballroom dance classes is scheduled to begin on Wednesday, Jan. 9 at the Knights of Columbus Hall, Valley Road, Middletown.

Classes will be held on Wednesday evenings through Feb. 27 at the following times:

7 to 8 p.m., Beginner American Class (waltz, fox-trot, swing)

8 to 9 p.m., Beginner Latin Class (rumba, cha-cha, tango)

Cost is \$48 per person for 8 one-hour classes and \$80 per person for 8 two-hour classes. No prior experience is necessary, singles are welcome and the dress is casual. So, get out your dancing shoes and "trot" over to the Ticket Connection, Building 656, to sign up today! Call 841-3116 for further information.

Let's ski Attitash Bear Peak

Ski season is just around the corner and that means it's time to register for the Ticket Connection's annual ski trip.

This year we are going to Attitash Bear Peak Mountain, a premier ski area in Bartlett, N. H., with 70 trails and a variety of terrains for skiers of all experience levels.

The trip date is Saturday, Jan. 26 and cost is just \$48 per person for round trip motor coach transportation and an all day lift ticket.

Departure time is 5:30 a.m. and return is scheduled for 8:30 p.m. Space is limited, so register early! For information call 841-3116 or stop by Building 656.

Auto Skills Shop

Auto Skills program offers logo contest

The Auto Skills program needs a Navy-wide logo and is soliciting designs.

Submit the winning entry, and you will receive a "new, super-deluxe, mega-cool, ultra-handy" Craftsman 546 piece mechanic's tool set and a 13 drawer maintenance cart—valued at over \$1,500!

Entering is easy! The contest is open to all active duty and reserve military members and their dependents ages 18 and over. Logos must prominently contain the text: *Navy Auto Skills*. They may be computer or hand generated, limited to four colors and all submissions must be original artwork (no copyrighted material).

Local prizes, such as a free oil change, a coupon book for four free car washes and a half-day use of the shop, will be awarded for best entries. Deadline for submissions is Jan. 10. Visit the local MWR Auto Skills Shop, located in Building 304, for complete rules and contest entry form.

Naval Station Newport Clubs

Officers' Club

Kick off the weekend tonight from 5 to 7 with complimentary hors d'oeuvres in the Topsy Pub. This buffet is kept well stocked with a variety of your buffet favorites and a huge selection of beverages.

For more information, call 846-7987.

Jazzin' up Lobster Night—The Officers' Club is pleased to announce a special night of music, food and fun on Thursday, Jan. 17.

Kick off the new year by bringing the whole family down to the Grand Ballroom for a festive evening featuring the ever-popular "Lobsters for Happy Hour" menu and enjoy free musical entertainment by one of Newport's finest jazz pianists, the quinn-tessential Matthew Quinn! Accompanying Quinn will be vocalist Billy Weston, another top Newport entertainer.

Whether you are a jazz or a non-jazz fan, you won't want to miss this exciting and energizing event.

Dine on one-plus pound boiled lobsters for just \$1 over cost! Make it a meal by adding a pound of spicy chicken wings, including blue cheese dressing and fresh-cut celery sticks, for only \$2.75. Add a giant Idaho baked potato for \$1. Tossed salads will also be available at a great price, too.

Don't forget to save room for dessert—a decadent dessert and gourmet coffee bar will be available for this evening only.

"Lobsters for Happy Hour" are available from 5 to 8 p.m.; the pub menu will also be available starting at 5 p.m. Matt Quinn & Billy Weston will perform from 5:30 to 7:30 p.m.

This special event is sure to be a treat for the whole family, so come down, eat lobster, and listen to great jazz music at this extra special "kick off the weekend" event! For more information, call 846-7987.

The Officers' Club has announced the dates for the 2001/2002 Dinner Show series. All shows feature lively entertainment from premiere local bands and a spectacular gourmet menu. Advance tickets are required for all shows and are currently on sale at the Officers' Club.

Ticket prices include gratuity. The remaining shows are:

Feb. 2, For Sentimental Reasons (gourmet menu), \$24.10 per ticket

Feb. 15, Nancy Paolino and The Black Tie Band (lobster and chateaubriand for two), \$29.85

per ticket

March 15, TBD (traditional Irish buffet), \$22.95 per ticket

April 19, The Ronnie Rose Band (gourmet menu), \$24.10 per ticket

Tickets may be purchased at the Officers' Club Gift Shop or by phone (Visa/MC only) by calling 846-7987 during normal hours of operation. For more information, contact the Officers' Club.

Recreation Center

Eat, Drink and Play: The Computer Café at the Recreation Center opens at 7:30 a.m., Monday through Friday, and offers a delicious breakfast menu featuring sandwiches, bagels, croissants and even pancakes—all available for take-out!

Have a little more time? Come on in, sit down for a cup of coffee and eat, drink and play—it's a great way to start your day!

For more information or to place an order, call 841-2575.

If B-I-N-G-O are your favorite letters in the alphabet, you won't want to miss the Lunchtime Bingo sessions, Thursdays and Fridays from noon to 1 p.m. at the Recreation Center, Building 656.

Bingo strips cost just \$1 each (three cards on a strip) and winners receive \$30 cash prizes and with a game every ten minutes, you've got a super chance to win big!

Don't miss our huge Friday jackpot game starting promptly at 12:30 p.m. It's worth \$500 if a coverall Bingo is called within the first 50 Bingo numbers! If no one wins the jackpot, the first player to have a good coverall Bingo will win \$100 and \$10 and another number is added to the next week's jackpot game—making the stakes even higher and prize even richer!

It's a "steak" out every Thursday with a sizzling sirloin, French fries and a crisp green salad for \$6.75. Fridays were made for fish n' chips.

Playing and winning will make you hungry, so, order lunch off the delicious Recreation Center menu and sit back and wait for the winning to begin!

Enlisted Lounges

What about lunch? Stop by the Recreation Center, Building 656, today and get a delicious lunch at a price that can't be beat!

The kitchen opens at 11 a.m. and serves sandwiches, burgers, soups and salads. We've got the best creamy white, New England-style clam chowder around.

You can still enjoy a complete steak dinner on Thursdays for \$6.75 and fresh, delicious fish and chips on Fridays for just \$4.75. Lunch is open to all hands and Department of Defense civilians are always welcome. Call 841-3054 for advance orders or for more information.

Every Friday—Enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m. Head over early and enjoy a delicious lunch including a fish n' chips special for just \$4.75. The lunch menu also includes sandwiches, burgers and more. For more information or take-out orders, call 841-3054.

Visit the Enlisted Lounges at the Recreation Center, Building 656, every night of the week for great money-saving specials! Order off our delicious pub menu every Monday or come in on Tuesday to create the perfect taco for just \$1 each. Wake up your Wednesday with "Wild Wings" for just \$2 per basket of 10!

It's a "steak" out every Thursday with a sizzling sirloin, French fries and a crisp green salad for \$6.75. Fridays were made for fish n' chips.

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- Ladies Only Fitness Studio
- Stairmasters, Treadmills, Tricycles, Rowers
- Heavy & Speed Bags
- Massage Therapy • Personal Trainers
- Locker Rooms & Showers

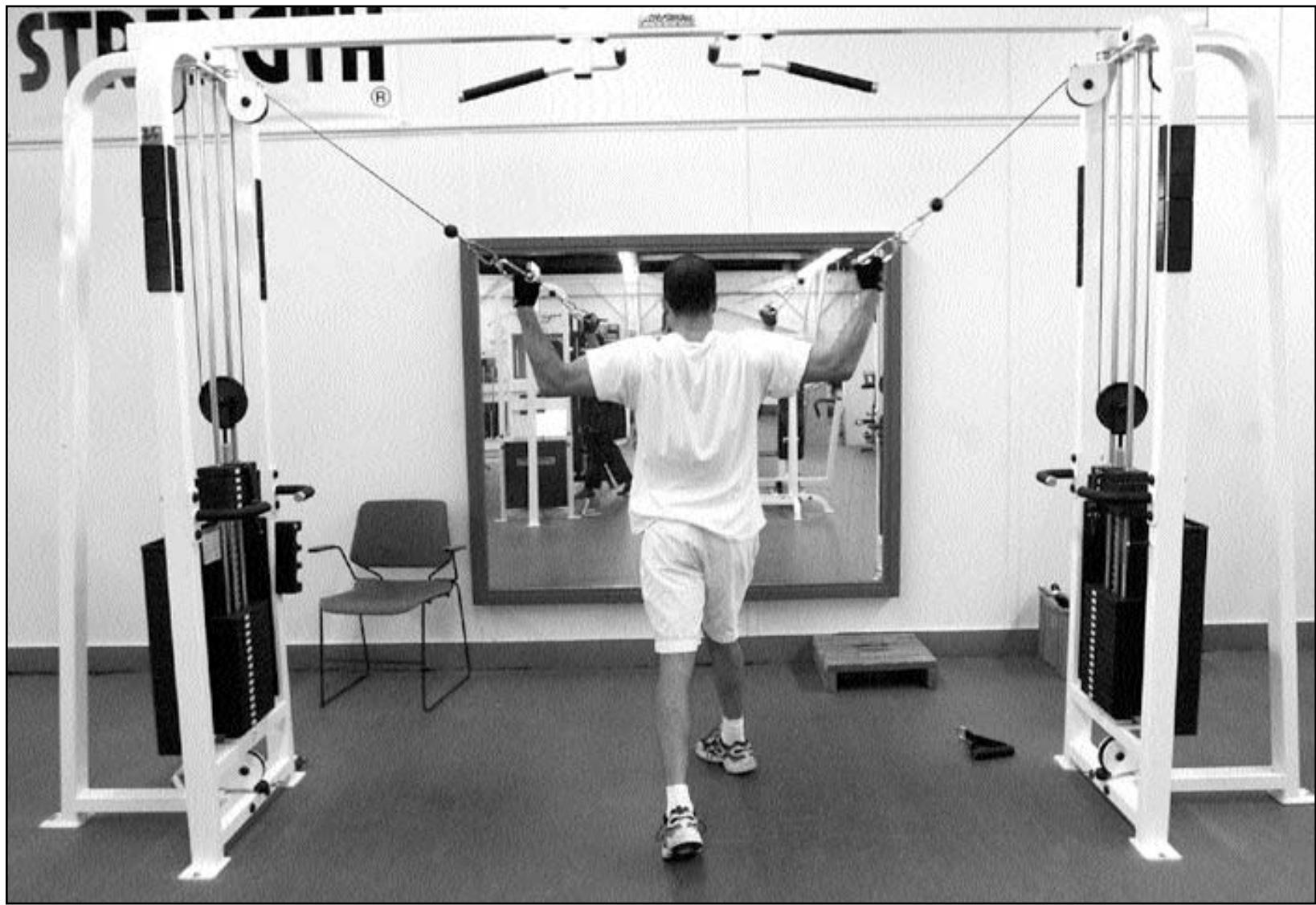
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Holidays over, its back to gym

LT. KEITH MORAN, on staff at Surface Warfare Officers School, does some lat crossover pulls.



New, improved Gym 109 gets Navy's rave reviews

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Gyms and fitness centers around the country are filled to capacity with people fulfilling their NewYear's resolutions to make health and fitness a part of their lifestyle. And just in time, the all-new Gym 109 at Naval Station (NAVSTA) Newport is open and well equipped to help patrons make good on their promise to reach those goals.

More than 200 people came out last Dec. 12 for the grand re-opening. Capt. Ruth Cooper, Commanding Officer, NAVSTA; and Jeff Shea, recreation director, Morale Welfare and Recreation (MWR) Department, cut the ceremonial ribbon to officially open the facility.

The facility is more open, airy and brighter and renovated from top to bottom. The \$492,000 on project started by Maron Construction Co. in November 2000, includes installation of a new concrete sub-floor topped with new shock-absorbent, high impact flooring in the southern half of the gym. A circular service desk positioned in the center of the workout area, allows the staff to better serve patrons.

Sectioned into stations, the workout area includes by all new state-of-the art Hammer Strength and weight training equipment to strengthen and tone muscle groups.

Gym 109 athletic director Scott MacDonald said Hammer Strength, which replaces the Nautilus equipment, is very popular in the industry.

"The patrons have already expressed how much they enjoy the new equipment, said MacDonald.

The weight training area rounded out with all new free weight equipment, also includes a new stereo system.

In the cardio area two to three pieces of equipment are position in front of wall where a television

GYM 109, Page 9



IDS, PLEASE—Nick Musnicky mans the remodeled central service desk at Gym 109.



ROLLER-CIZE—Barbara Babnew, right, personal fitness trainer, assists Deb Hickins with abdominal exercises using the ??? ball.



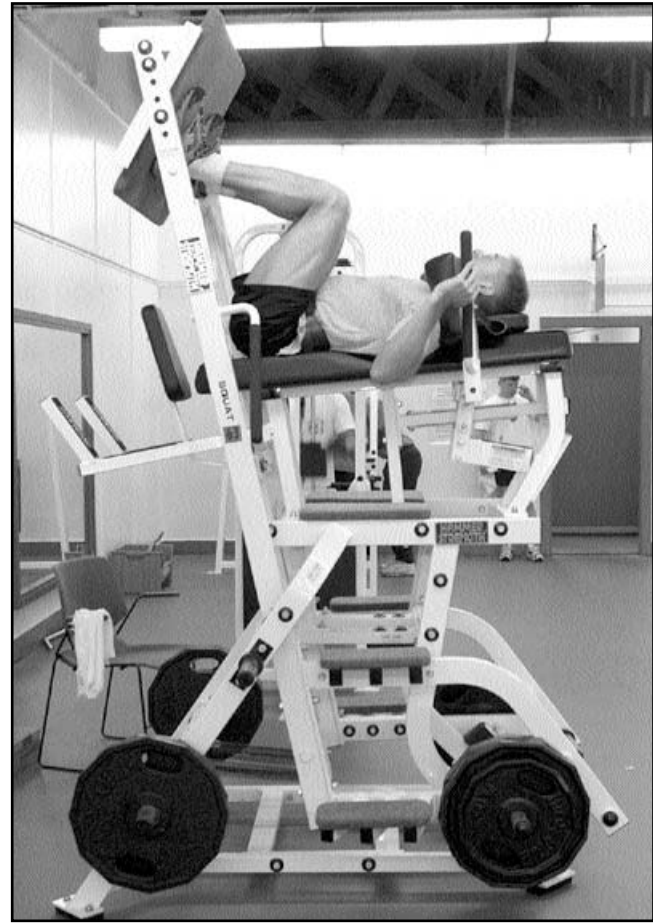
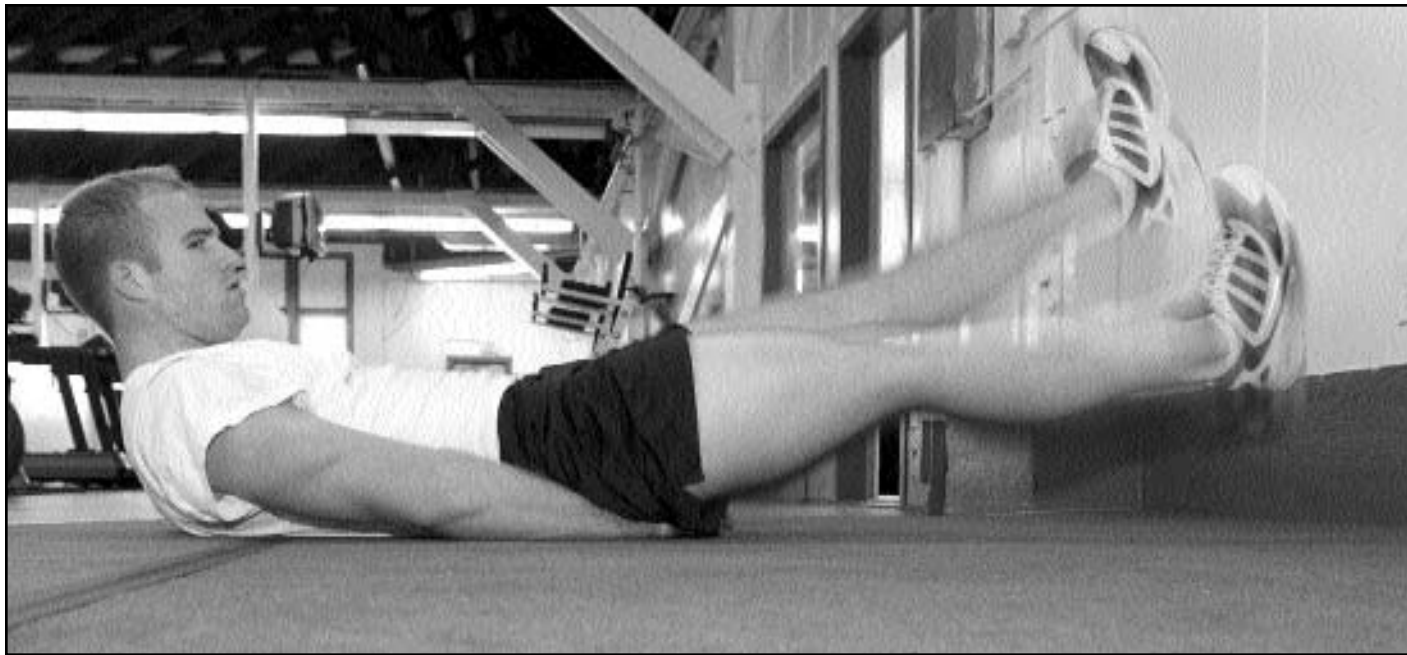
CMDR. STEVE PANICO, an instructor at Surface Warfare Officers School, does some chest presses.



ENS. SCOTT MALONEY, a student at SWOS, is a blur as he increases speed on the treadmill.

Ron Fontaine/U.S. Navy photos

ENS. JOHN CARNES, in Surface Warfare Officers School Division Officer Course Class 145, does some leg lifts and stomach crunches on the mats.



HIGH GROUND — Lt. Cmdr. Keith Knutsen from Naval War College tries out the lofty view from the Hammer Strength H-Squat Machine.

Gym

Continued from Page 8

is mounted for patrons to enjoy while doing their cardio workout on elliptical machines, upright and recumbent bikes, treadmills and stair-steppers.

The new spaces also include a matted area off to the side for patrons to stretch out before and after their workout.

A new ventilation system for increased air circulation is currently being installed.

Basketball and racquetball courts remain located on the north side of the gym, and locker rooms, offering daily or monthly rental locker rentals and shower accommodations, are still available for both men and women. The aerobics program is now being offered at FITNESS Plus in Building 355.

MacDonald said the staff is currently adding new programs which will start running in late January.

Ensign Genni Williamson, a student in the Surface Warfare Officers School (SWOS) Division Officer Course, was a student at the Naval Academy Preparatory School (NAPS) four years ago and is very impressed with the new facility.

"It's a lot better than before," said Williamson, logging miles on the elliptical machine. "All the equipment is brand new and there's more of it. There is nothing

more frustrating than waiting to use the equipment, not having the equipment you need, or finding out the equipment is broken."

Priscila Flemming, who works out at Gym 109 six days a week, said the renovations and equipment makes Gym 109 one of the best gyms she's worked out in, but it is only part of the equation.

"The staff here is the best, she said Flemming, husband is attending Department Head School at SWOS. "They are polite, friendly and there to assist when you when you need them. They always motivate you to come back."

For those a little hesitant to begin an exercise program, Gym 109 staffs certified person fitness trainer who will help develop a program geared to individual specific needs and fitness levels.

A physical therapy assistant and one of several trainers at Gym 109, Barbara Babnew, said trainers can also design a program for those with physical restrictions.

"We work in consort with whatever physical therapy program the client is under."

When not working with clients, Babnew said trainers monitor the proper use of equipment and offer assistance to patrons when needed.

In the stretching area, Ensign John Carnes was intense in a series of abdominal exercises.

"I'm impressed," said Ensign John Carnes, a student in SWOS-DOC Class 145. "What a great improvement. It's like working out at one of the fitness centers out in town without the cost."

Lt. Keith Morn, on staff at SWOS works out six days a week at Gym 109.

I have watched the progress and it was definitely worth the wait," he said. "There is equipment here to target every muscle group you could possibly think of."

Lt. Pat Thien, also of SWOS agreed and added, "It was pretty old before. Now it's new, clean and open, and there's more equipment and better availability."

With generous hours of operation, finding time to exercise is easy. Gym 109 is open 5 a.m. to 10 p.m., Monday to Friday. Saturday, 7 a.m. to 7 p.m.; Sunday, 9 a.m. to 5 p.m.; and noon to 6 p.m. on holidays.

For more information about Gym 109 programs and services, call 841-3154.